

## **Spinach & Strawberry Salad with Glazed Almonds & Lowfat Poppy Seed Vinaigrette**

Makes 6 servings - Vinaigrette recipe makes 1 cup

### **Vinaigrette:**

1/4 cup white wine vinegar  
1/2 cup sliced strawberries  
1 teaspoon finely minced fresh ginger  
2 tablespoons Dijon mustard  
3 tablespoons honey  
1 tablespoon salad oil  
1 tablespoon poppy seeds

### **Glazed Almonds:**

1/2 cup sliced almonds  
2 tablespoons sugar

### **Salad:**

2 bunches spinach, stemmed, washed well and spun dry (about 8 cups)  
2 cups strawberries, stemmed and halved or quartered, depending upon size  
1/2 cup thinly sliced sweet white onions, such as Walla Walla Sweets, if in season

### **To make dressing:**

In a blender combine the white wine vinegar, strawberries and ginger. Process until it is a smooth puree.

In a bowl place the Dijon mustard and the honey. Whisk in the pureed strawberry mixture and then slowly whisk in the oil, emulsifying the dressing until smooth. Stir in poppy seeds. Refrigerate until needed.

### **To make the glazed almonds:**

Lightly pan spray a baking sheet and set aside.

Place almonds and sugar in a non-stick skillet on high heat. Start stirring with a wooden spoon. Sugar will start to dissolve and then caramelize. Stir continuously to lightly toast almonds and coat with the sugar. When almonds and sugar are the color of dark amber and golden brown, quickly remove from the pan onto sprayed baking sheet.

Spread out with spoon and let cool totally before using. Break up before serving.

NOTE: Do not touch sugar or almonds with fingers when cooking or immediately after cooking. It is molten sugar and very hot!

**To make and assemble the salad:**

Place the washed and dried spinach leaves in a large salad/serving bowl. Toss with the strawberries, onions and about 1/2 cup of the vinaigrette. Sprinkle almonds on the top of salad. Reserve extra vinaigrette for another use or serve extra on the side for those that desire more.